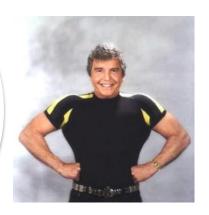


## **Presents**

## Falls & Fracture Prevention Series

Enjoy a quick
Workout with
Senior Services
Commissioner,
Timothy
Hogues &
Mr.Fitness!



Thursday September 27<sup>th</sup> 12:30 PM – 2:30 PM

How you can
Prevent a
Fall



## How can you prevent a fall? Learn from experts.

**FREE** - bone density testing.

FREE - balance testing.

FREE - Individual (private) medications

**review**. (Must Sign Up for all testing prior to event with Phyllis 832-1010 ext.206)